



Dance & Theatre Background

Today I have chosen to talk a bit about the Royal Ballet. The Royal Ballet School is one of the world's greatest centres of classical ballet training. It was founded by the Anglo-Irish ballerina and choreographer **Ninette de Valois** in 1929. The school's aim is to train and educate outstanding classical ballet dancers. The school is based over two sites, White Lodge, Richmond Park (for students aged 11-16) and Covent Garden (for students from 16-19 years old) based in purpose-built studios on Floral Street, adjacent to the Royal Opera House. Each year The School has a Summer Performances, which features students from all age groups in a wide variety of classical and contemporary works. The highlight of the school's dance year is the annual matinée at the Royal Opera House, which showcases graduate students before they embark on their professional careers as well as featuring students from all years of the school.

Channel STUDIO today.

[studio.youtube.com](https://www.youtube.com/channel/UC...)

Level One: Part One - "Wavin' Flag"
Level Two: Part One - "Joy Parade"
Level Three: Part One - "It's A Beautiful Day"
False Lashes Application Tutorial
Step By Step Cartwheel Tutorial

"Alexa,
play: Music by Madonna please"

Healthy Thinking

Before singing it is really important to make sure that you have warmed up your voice, here are some warm ups you can do. Warm up your jaw by making big shapes with your mouth, making oval shapes and puffing in and out your cheeks. Lip buzzing/trills - make a motorboat sound by making your lips vibrate as you blow air through your mouth and nose. Tongue trills - like lip trills but curling your tongue and rolling your R's as you go through your range from low to high. Humming - Humming is one of the best vocal warm-ups because it doesn't put a lot of strain on your vocal cords. Try sirening while humming. Vocal Slide - This technique is also known as a portamento, much like the siren exercise, you slide from one note to the next in your range but you don't sing the in-between notes. Vocal Siren - gradually goes from the lowest note of your range to the highest and back down, like a siren for an emergency vehicle. The sound is continuous and covers the tones between the notes. Try Doing this with "A", "E", "I", "o", "Ooo" Lastly Tongue Twisters are great to warm up your muscles - try some of the fun ones from our back issues.



Introducing our TS.09 musicians

We are incredibly grateful to local artist: Nikki Vellacott for use of her music for our youtube channel. Nikki is a singer/songwriter based in the UK. In 2012 her first performance took place in Disneyland Paris. From this she was scouted and then became a singer for the Royal Navy band. She is mainly an acoustic performer with infusions of gospel and blues. She is highly influenced by Aretha Franklin and Adele. Nikki is also regularly involved with many amateur performance societies, for example Yeovil Youth Theatre, Somerset County Youth Choir, Somerset County Youth Show Choir, Exeter Police Hospital Players and Wincanton Youth Theatre. You can enjoy more about Nikki's music here: <https://instagram.com/nikvellacott?igshid=t1egnb3y1282> <https://soundcloud.com/user-762217629/the-top>

This Weeks Comp!

A quick 20 question quiz based on the TS.09 issues, videos, and tutorials.

Download a copy from our website and email your answers to: office@thestudiodorset.com by the end of Sunday.

GOOD LUCK!